How to End and Prevent CyberVullying

Facebook:

- Screenshot their messages the second you get them before they have time to delete their account or delete the message. Block the Facebook user who is sending you the mean messages, and report them for harassment. Show the messages to an adult, a teacher or principal at your school, and **if** all else fails, the best thing that you can do is remove yourself from the website for a while.
- I know how hard it can be to delete a Facebook or to not check your Instagram or Twitter, I get it, all of your friends have one and you want to keep checking them and liking everyone's selfies, I get it, but **if** it is something that is harming you because you are getting harassed online, the best thing you can do is delete your profile for a while. On Facebook, there is a way to temporarily delete your account in your account settings, and this is a great way to "take a break" from it if you need to.

Twitter:

- Click "Report Tweet" on any tweet that is bullying you, go to their profile and Block the user, and always, always screenshot ALL tweets before you block them or before they can delete their Twitter account or block you.

Tumblr & ASK.FM:

-**I** know a lot of you are familiar with asking someone questions anonymously. This is a setting available on both Tumblr and on ASK.FM. **If** someone is sending you anonymous messages and bullying you anonymously, the best way to avoid this from happening is to turn off the anonymous setting. For Tumblr, all you need to do this is to go into your settings on your Tumblr account, and uncheck the "allow Anonymous questions" setting. Without bullies being able to hide behind an anonymous setting, a lot of the times they will stop what they are doing. However, in the event that they don't stop, you can "ignore" the Tumblr user on Tumblr, which makes them unable to send you messages of any kind, and **if** they continue to post about you on their blog, you can screenshot those posts and report them to a teacher or to your principal.
- In the case of ASK.FM, the option to screenshot asks, anonymous or otherwise is always available. You can also go into the settings of ASK.FM, and under privacy, select the "Do Not Allow Anonymous Questions" option. This makes all questions submitted not anonymous, and it makes you able to screenshot a real question submitted by someone with a username or a picture on the screen, making it proof that it is someone from your school. You can also go to individual profiles, and click "Block" underneath the answers submitted by a specific user.

Instagram:

-Ways to stop an Instagram cyber bully: If you are tagged in a photo that is cruel or hateful of you on Instagram, you can go into your settings and "Hide the Photo" from your profile. You can then report it as inappropriate and request that the website automatically remove the photo. This setting is also available on Facebook photos. You can report any picture on Instagram by clicking the "…" button and then clicking "Report Inappropriate". Blocking an Instagram user is also an option as well if you click on the profile of someone posting a picture with you in it. And don't forget, always screenshot the picture before you report it! **It** can really help you if you want to show a teacher or your principal later.

Snapchat:

- Ways to stop a Snapchat cyberbully: The best way to catch a Snapchat cyberbully is to quickly screenshot the Snapchats as fast as you can. If you know there are people sending you Snapchats and bullying you this way, **if** you hold down your lock screen and home screen button on your iPhone, you can quickly screenshot the Snapchat while it is still open and before it disappears. This screenshot can then be reported to your teachers, or principal if the person is a student at your school.

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